Claims

1. The use of a whey protein hydrolysate in an edible composition the whey protein hydrolysate being able to induce the cellular release of glucagon-like-peptides and cholecystokinins and/or increasing glucose uptake in target tissues, wherein the whey protein hydrolysate regulates blood glucose levels or results in, or is used for, improving or preventing decline in mental performance and/or for providing a sustained feeling of energy and/or for maintaining or providing a feeling of well-being during the post-prandial period in a subject consuming the composition.

2. The use according to claim 1, wherein the whey protein hydrolysate comprises hydrolysates of β-lactoglobulin, α-lactalbumin or a mixture thereof.

3. The use according to either of claims 1 or 2, wherein the whey protein hydrolysate has a degree of hydrolysis in the range of from 1 to 20%.

4. The use according to any one of the preceding claims, wherein the whey protein hydrolysate is used in a total amount of from 0.1% to 80% by weight based on the weight of the composition, preferably from 1 to 30% by weight.

5. The use according to any one of the preceding claims, wherein the edible composition is a meal replacement product or a product to be used as part of a meal replacement diet plan.

6. The use according to claim 5, wherein the meal replacement product or product to be used as part of a meal replacement diet plan is a ready to drink liquid, a liquid produced from a soluble powdered product, a soup, a dessert, a bar, a cereal based or pasta based or noodle based product, or, a soluble powdered product.

7. The use according to any one of the preceding claims, wherein the edible composition is used as part of a dietary plan or a weight management programme.

8. A method of regulating blood glucose levels, improving or preventing decline in mental performance, providing a sustained feeling of energy or maintaining or providing a feeling of well-being during the post-prandial period, which method comprises the step of orally administering to a subject by means of an edible composition an effective amount of a whey protein hydrolysate which is capable of inducing the cellular release of glucagon-like-peptides and cholecystokinins and/or increasing glucose uptake in target tissues.

9. The method according to claim 8, wherein the whey protein hydrolysate is administered by means of an edible composition.

10. The method according to either of claims 8 or 9, wherein the edible composition comprises a total amount of from 0.1% to 80% by weight based on the weight of the composition of the whey protein hydrolysate, preferably from 1 to 30% by weight.

11. The method according to any one of claims 8 to 10 wherein the whey protein hydrolysate comprises hydrolysates of β-lactoglobulin, α-lactalbumin or a mixture thereof.

12. The use or method according to any one of the preceding claims, wherein the edible composition is selected from dairy based products, soy based products, breads and cereal based products, cakes, biscuits, spreads, oil-in-water emulsions, ice creams, desserts, soups, powdered soup concentrates, sauces, powdered sauce concentrates, beverages, sport drinks, health bars, fruit juices, confectionery, snack foods, ready-to-eat meal products, pre-packed meal products or dried meal products.

13. The use or method according to claim 12, wherein the composition is a meal replacement product or a product to be used as part of a meal replacement diet plan.